

OTOPLASTY

DR. GERUT'S POSTOPERATIVE INSTRUCTIONS

Do not do anything that raises your blood pressure! No lifting, bending over, straining, sex, etc...for five days after surgery. Keep your head elevated above the level of your chest to minimize swelling. No smoking! Smoking can cause terrible damage to your healing and cause your skin to die. YOUR HEAD BANDAGE MUST STAY ON FOR FOUR DAYS AND NIGHTS AFTER SURGERY. If you remove it, the surgery could be damaged terribly!

If constipation or cough develops, ("pushing" and coughing cause more blood flow to the face and thus increase swelling) please use appropriate medications or call Dr. Gerut.

Please take the medications that Dr. Gerut indicates with a check mark. Any medication not checked off may be taken if necessary. **If you are allergic to any of these medications, please let us know!** Please take all pills with a bit of food to avoid nausea. When you fill your prescriptions, the bottles will be labeled only with the medical names and for your reference, these names are in parentheses below.

Breathe deeply, this will help prevent post-operative respiratory infection.

Antibiotic:

- ☐ **Keflex** (Cephalexin)- 500mg (1pill) 2 times a day
or if allergic to Penicillin,
- ☐ **Vibramycin** (Doxycycline)- 100mg 2 times a day

Severe Pain:

- ☐ **Percocet** (Oxycodone)- 1-2 pills every 3 to 4 hours as needed.

Moderate Pain:

- ☐ **Norco** (Hydrocodone)- 1-2 pills every 3 to 4 hours as needed.

Nausea:

- ☐ **Compazine** (Prochlorperazine)) Use one if needed. Never use more than 2 in 24 hours. If nausea returns, and you weigh less than 160 pounds, call the office before using a second suppository.

Anti-swelling:

- ☐ **Medrol** – (methylprednisolone) take pills as directed on package, begin the morning after surgery.

Constipation:

- ☐ **Ex-Lax** (or any other mild laxative as needed)

Multi-Vitamin:

- ☐ 1 daily; and **Vitamin C**-take two or more 500mg tablets daily

Any new pain, acute discomfort, severe swelling should be reported to Dr. Gerut immediately. For emergencies only, call 516-295-2100. After office hours, please call Dr. Gerut's service at 516-620-3619.

I have been made aware of the following possible complications and/or side effects and I accept them (there are others possible that are not listed here):

Bleeding	Thrombophlebitis	Reaction to the sutures
Infection	Hypertrophic Scars	Hematoma
Need for revisional surgery	Keloids	Skin/scar discoloration
Wound Dehiscence	Chronic Pain	Disability
Skin Numbness	Asymmetry – very likely	Change in ear shape
Seroma	Anesthesia Risks	Parasthesias
Scarring	Return of abnormal ear shape	Contour deformities

X _____

It may be necessary for you to communicate with Dr. Gerut by text or email before or after your surgery. This communication may involve sending information about or photographs of yourself over the Internet from which you may or may not be identifiable. By your initials here you acknowledge and accept this potential breach of your privacy.

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No Aspirin, Bufferin, APC, Fiorinal, Alka Seltzer, Ecotrin, Excedrin, Anacin, Vitamin E or any other medication not directed by Dr. Gerut for **ONE WEEK AFTER SURGERY**. Regarding Advil or Motrin, check with Dr. Gerut or his office staff. During the time that you are taking a narcotic pain reliever, you are to avoid driving or operating heavy machinery. Dizziness or severe drowsiness can cause falls or other accidents.

I have read the above instructions, issues and possible problems fully, my questions have been answered, and I understand the instructions fully.

Patient Signature

Date

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Member, American Society of Plastic Surgeons
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revised 3/16

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